



# **“Cavity Free Kids” for Parents**

## First Smiles

### Oral Health Education & Training Project

Made possible in partnership with



# Baby Teeth are Important for:

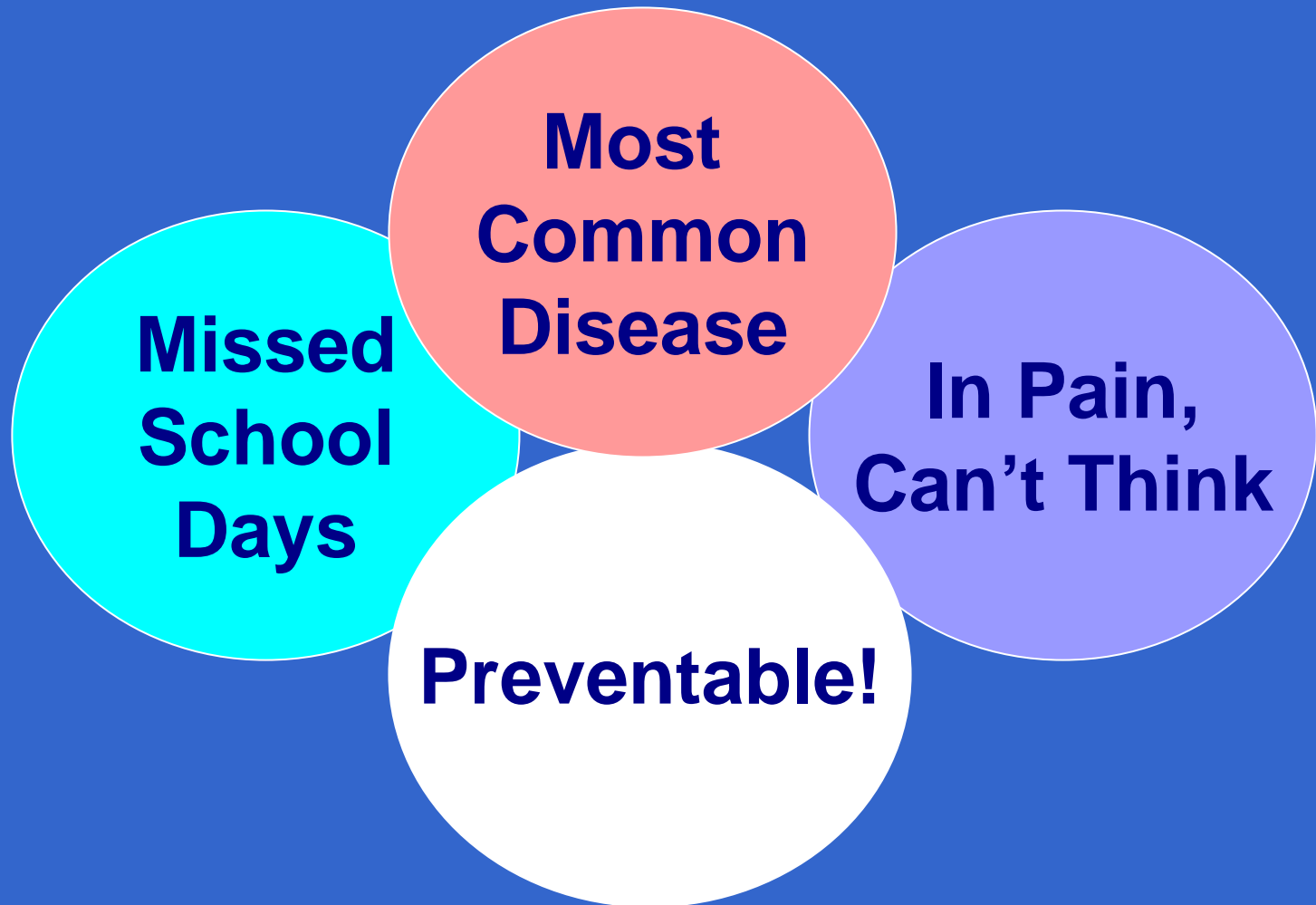
- Eating
- Speaking
- Smiling
- Holding Space for Permanent Teeth



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# **Tooth Decay**

## **(Cavities, Dental Caries)**



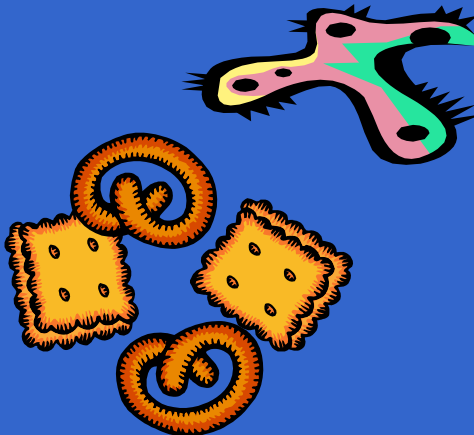
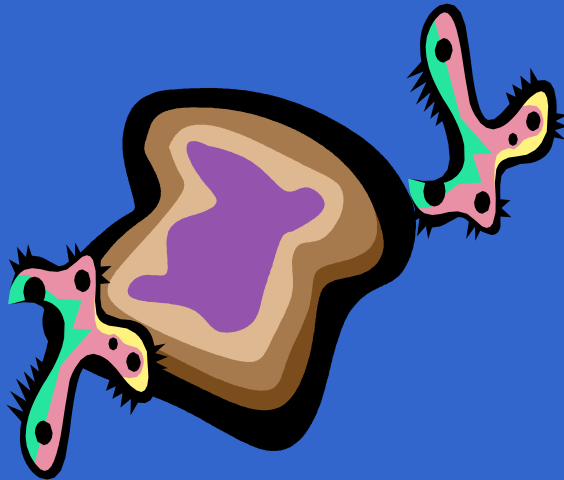
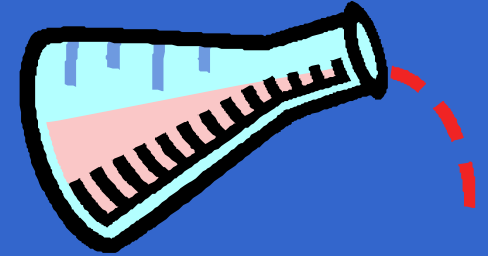
# How Kids Get Cavities



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**Parents must  
care for their own teeth  
to keep their children's  
teeth healthy.**

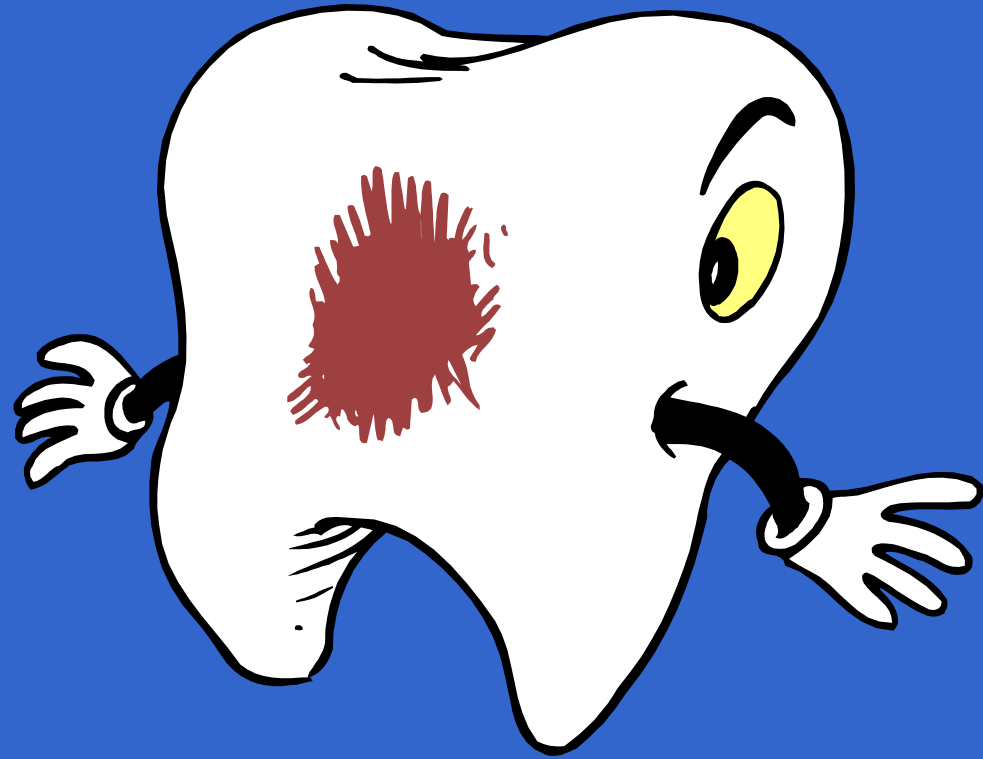
- Tooth decay germs are passed to child.
- The child eats sugary, starchy, or sticky foods that feed the germs.
- The teeth are not cleaned every day.

Germs + Carbohydrates = Acid

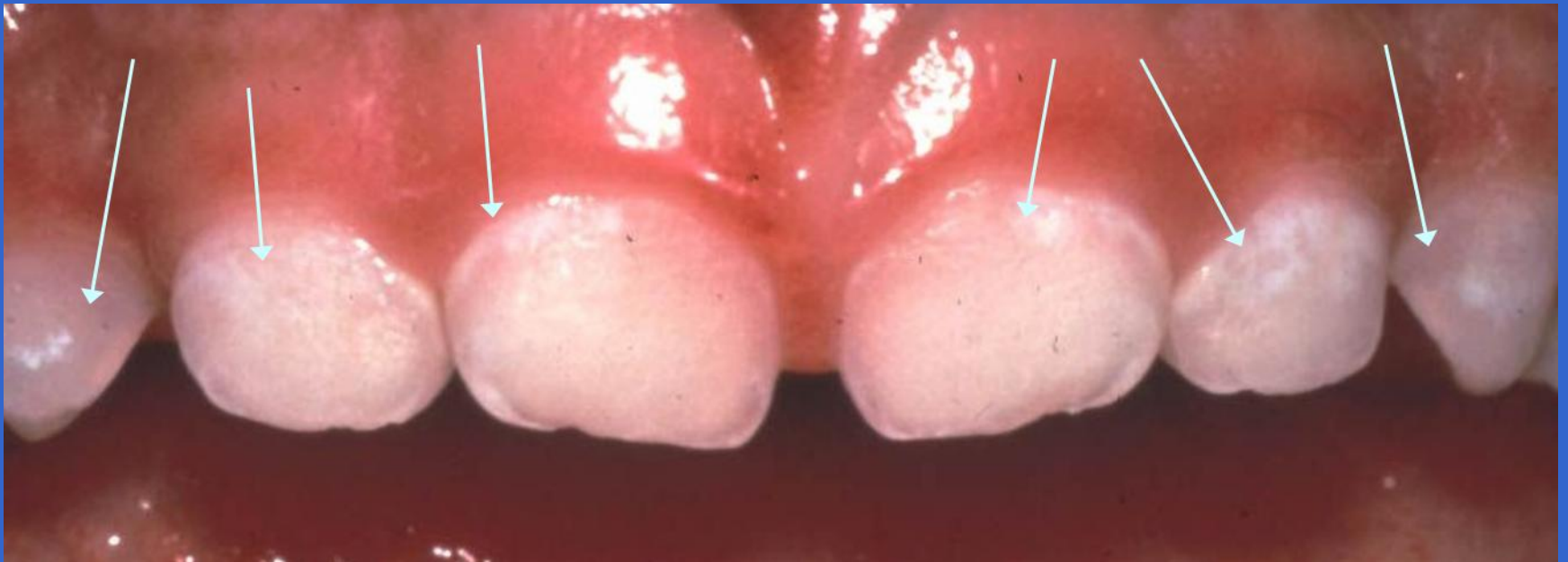


# “20-Minute Acid Attack”

Acid + Tooth = Decay



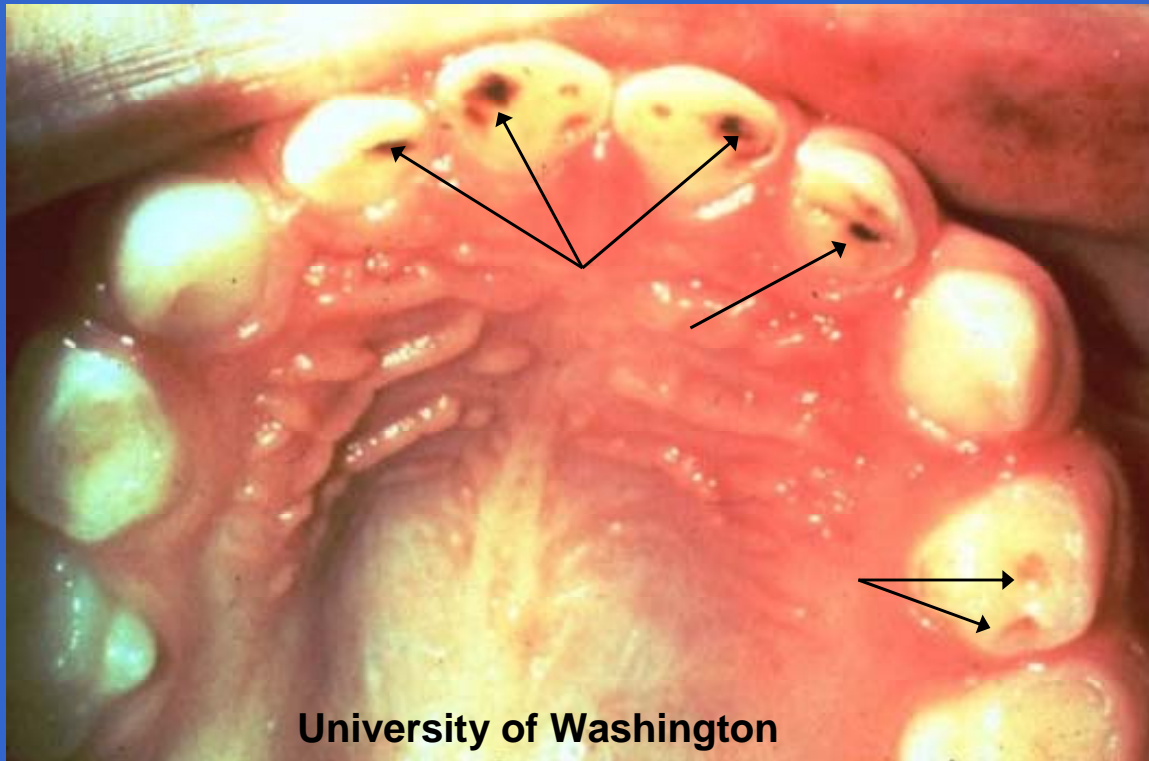
# Early Childhood Caries also know as Early Tooth Decay —White Spots



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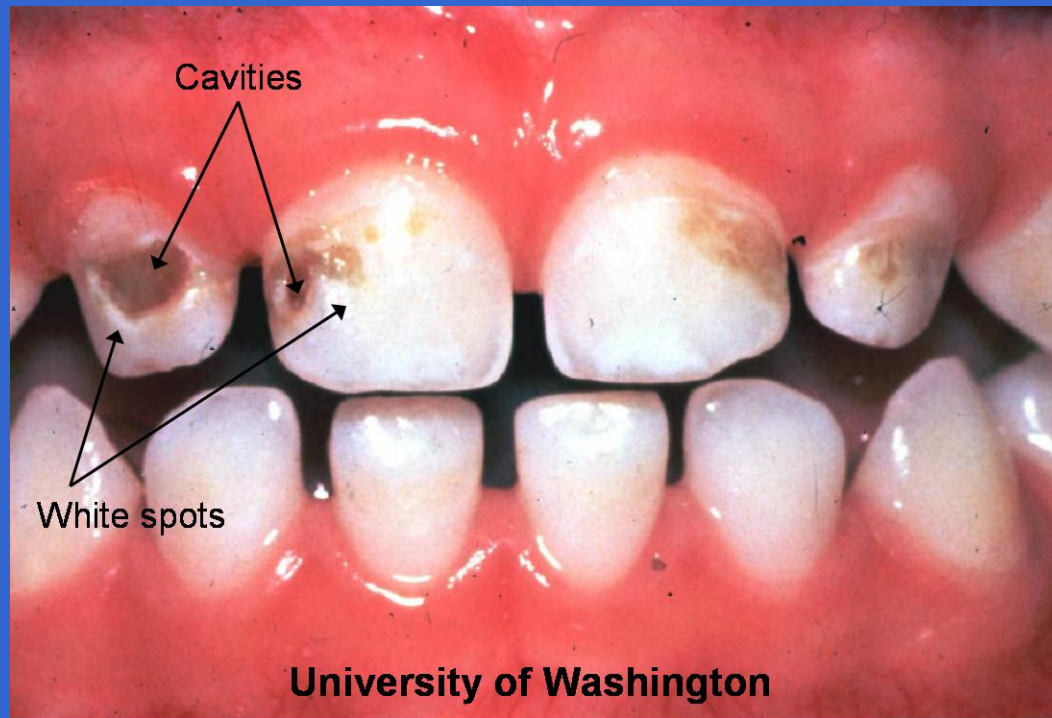


# Early Childhood Caries

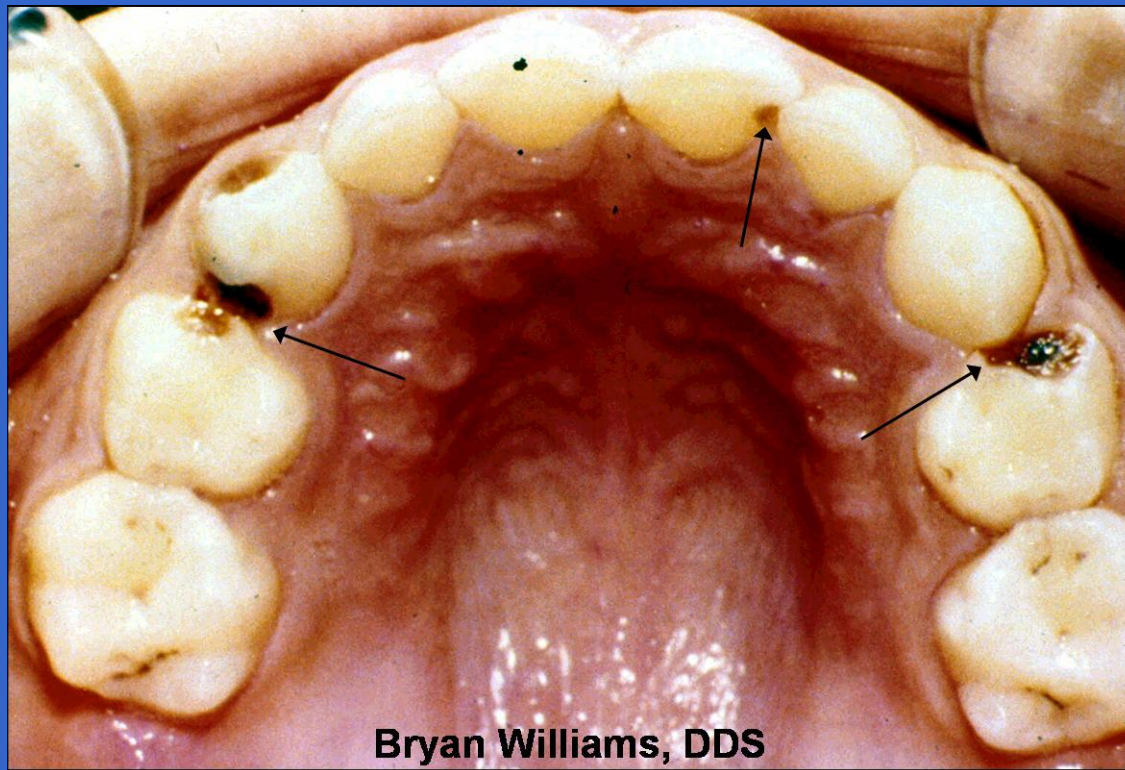




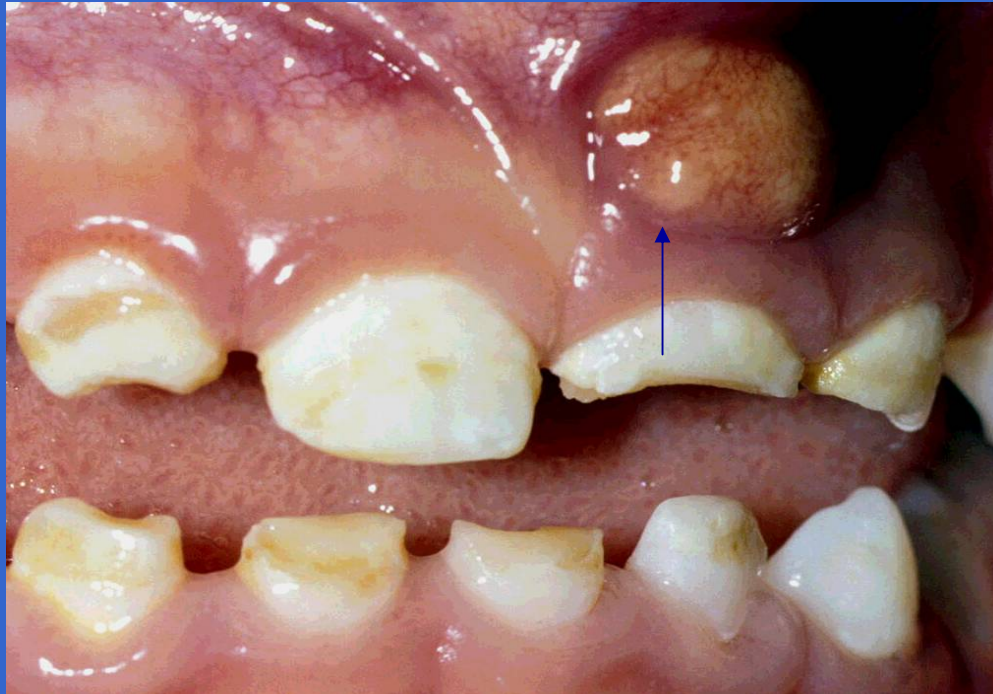
# Early Childhood Caries



# Early Childhood Caries



# Untreated Decay and Abscess



Bryan Williams, DDS

# Facial Swelling from Abscess



**Bryan Williams, DDS**

# Prevention Works!

Adults can spread the germs that cause cavities. Chewing xylitol gum right after eating can help prevent this

A child needs an adult's help in brushing their teeth until they are about 8 years old

Brush teeth in the morning and right before bed with fluoride toothpaste

Children should see dental providers by their first birthday

Limit how often your child has fruit juice, sweet drinks, and snacks



# Dental Health Rules for Families

Adults can spread germs that cause cavities. Don't put anything in a child's mouth if it has been in your mouth

As soon as the first tooth appears, start brushing your baby's teeth in the morning and before bedtime. Use fluoride toothpaste

Do not put your baby to bed at naptime or at night with a bottle or sipper cup, unless it has only water in it

You and your child should visit the dentist on a regular basis – as often as your dentist recommends

Snacks like cheese, yogurt, fruit and veggies are better for your child's teeth than chips, crackers or cereal

Adding extra water to fruit juice is better for your child's teeth

# Prevention and Care



Early Dental Exams and Care  
ABCD Programs (in WA)  
Community Clinics  
Local Health Departments

## Fluoride Varnish



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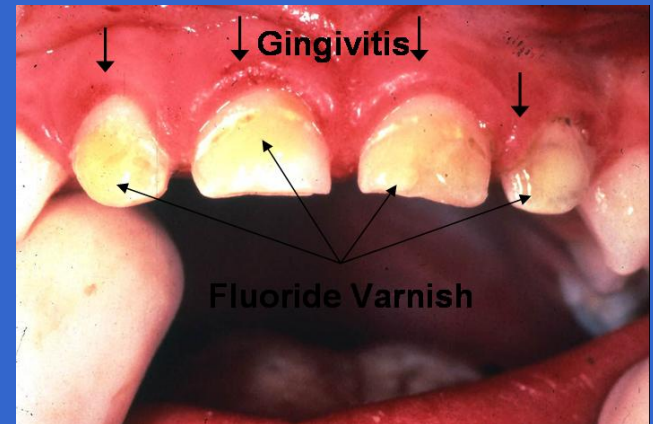


# Fluoride Varnish

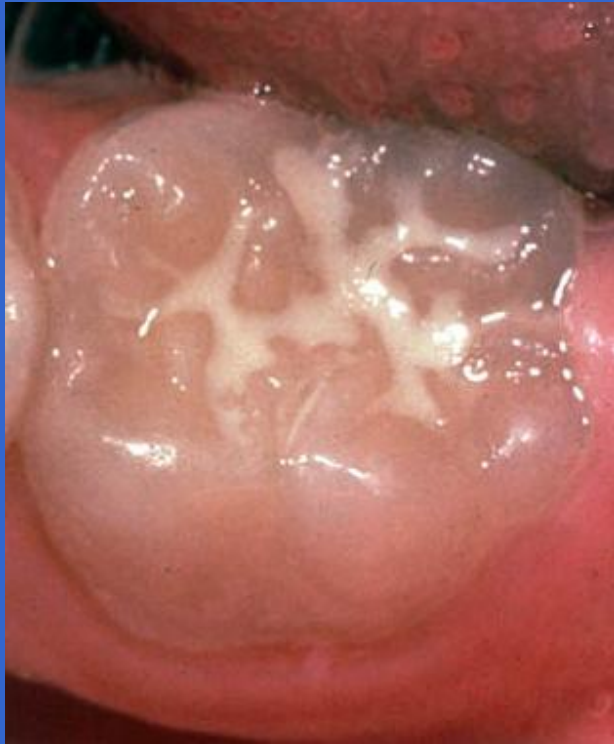


Varnish is painted on teeth.

Parents brush it off the next day with tooth brush.



# Dental Sealants



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- Plastic coatings painted on the pits or grooves of back teeth.
- Prevent decay.
- Quick and easy to apply.

# Our Goal: Healthy Teeth for a Lifetime



“Cavity Free Kids”  
Pilot Classrooms  
EPIC Head Start